

# Your mom always told you to go outside and get some fresh air.

She was right, as usual. It's a fact that walking and bicycling are good exercise.

Plus, by choosing alternate ways of getting around, you can save money  
and help to reduce traffic congestion and pollution.

Wouldn't mom be proud? So keep it up because —



*It all adds up to cleaner air*



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# Bicycling is good for you and the air.

Bicycling is a great way to get exercise and save money,  
and to reduce traffic congestion and pollution.

So keep it up because –



*It all adds up to cleaner air*



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Your first wheels.  
The freedom,  
the fresh air, the cards  
in the spokes going  
thwak, thwak, thwak.

**Ride your bike** again. It's great fun, but just so you know, no one puts cards in the spokes anymore.

It's something you never forget how to do, so why not try it again? Instead of driving to work, the video store, coffee shop or bank, get out your bike and go for a ride.

Bike riding is a great way to get where you're going, get the exercise you need and help to reduce traffic congestion and pollution. And that should really give you a good feeling. So keep it up because—



*It all adds up to cleaner air*



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# Improve your health. Take things in stride more often.

**Walking and in-line skating** are healthier ways to travel for both you and the air.

To stay healthy, doctors recommend exercising at least 30 minutes most days. It's easier to fit exercise into a busy schedule when you make it part of your daily routine. Instead of driving to work, the store or the bank, try walking or in-line skating. You'll get more exercise and help reduce traffic congestion and pollution. That should make you really feel great. So keep it up because—



*It all adds up to cleaner air*



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